



SCAR CHALLENGE Race Day Information

Well, it's finally here! SCAR CHALLENGE Skibbereen Charity Adventure Race is only days away.

Firstly, thank you all for bearing with us over the last few stormy weeks and it is great you all stayed and are taking part.

With over 350 participants and over €20,000 raised for charity, we are delighted to welcome you all to West Cork finally!

Hopefully you have kept your training going and are ready to take on the course you have selected. Have a great race!

Secondly, we would like to thank Kinetica Sports Ltd., for coming on board as our title sponsor for 2017. Without their generous support and that of all our sponsors, service providers and volunteers we would not be in the unique position of being the largest Adventure Race in Ireland where 100% of all your race entry fees are donated to charity.

This year's main beneficiary is Ronald McDonald House. The Ronald McDonald House charity provides accommodation and a caring and supportive environment for families whose children are seriously ill and are hospitalised or undergoing medical treatment at Our Lady's Children's Hospital, Crumlin, Dublin 12. The positive effect this donation will make, along with the several other charities throughout Ireland who will receive donations from the monies you raised, is the reason we run SCAR each year.

We hope you enjoy the day and get the feel-good factor you deserve for being part of this unique experience.

Below is all the information you require to ensure a safe and happy event. Please take the time to read it fully. It's in your interest.

Please note the new CHALLENGE course has lots of changes to the normal SCAR course so watch out and check the courses on facebook, website or below.

Race Pack Collection:

Your race pack, which will include your race number, bike sticker, and timing chip, will be available for collection from the new venue, the **Castlehaven GAA Grounds**, Moneyvollahane Skibbereen, from **8:00am to 11:00am on Saturday 4th Nov**. Please note Castlehaven GAA have two pitches so make sure you look for the Moneyvollahane one, which is 4km out the R596 Castlethownshend Road from Lidl Roundabout, in Skibbereen. This is the same road as Liss-Ard which you will pass on the way. There will be plenty of parking available in club grounds.

Anyone who has ordered a Race T-Shirt can collect these along with your Race Pack. A limited number of T Shirts will be available for purchase at registration for €15. First come basis applies.

Route Map: Please study your route map below. While the route will be marked and marshaled, you are responsible for following the correct route and registering at any checkpoints on your course.

TASTER RUN: <https://www.strava.com/routes/10973862>

TASTER BIKE: <https://www.strava.com/routes/10973995>

SPORT RUN: <https://www.strava.com/routes/10973862>

EXPERT RUN: <https://www.strava.com/routes/10973880>

SPORT & EXPERT BIKE: <https://www.strava.com/routes/10966018>

Race Number: Your race number must be worn on the front of your race jersey. If you do not wear your race number you will be deemed not to be an official participant.

Bike Sticker: You must place the bike sticker on your bike close to the headstock/handlebars so it is easy to see. You cannot remove your bike from the bike paddock at the end of the race unless your bike sticker and race number match. If you lose either, you will be forced to wait until all bikes are retrieved before we will release your bike. This is for equipment security reasons.

Timing Chip: Each participant will receive a timing chip, which must be worn on your wrist, as you will need to "dib" the timing chip against a control box at each checkpoint. Please note that you must return your chip at the finish line, even if you do not start, or if you pull out of the race. You will be charged a **penalty fee of €35** for non-returned chips. If you collect packs on behalf of others you will be responsible for any penalty for non-returned chips.

We will automatically be charged by the timing company for non-returned chips and we have to pass this charge on.

Bike Drop Arrangements:

All Courses

Participants will drop their bike to the Bike Transition within the Castlehaven GAA Grounds between **8:00am and 11:00am on Saturday morning only.**

Bag-Drop Arrangements:

All participants should keep their bags in their cars. There will be the full use of the club changing rooms including hot showers for participants. Bags are left in the changing rooms at the participants own risk.

Waves

All Courses start and finish in Castlehaven GAA Grounds

The Expert will have a mass start at 10:30 am.

The Sport will have a mass start from 11:30 am (no waves this time).

The Taster will start at 11:45 am.

All Expert competitors must be at the start line by **10:15am** for race briefing.

All Sport & Taster competitors must be at the start line by **11:15am** for race briefing.

Mandatory Kit

Mandatory Kit List:

It is vital that all Sport and Expert Participants bring the following **mandatory** kit list with them to the start:

- Basic First Aid Kit
- Cycle helmet, spare tube, pump
- Race Number
- Hat, gloves and waterproof jacket (if weather dictates)
- Suitable footwear

All mandatory kit will be checked before the race

- Appropriate food and drink. There will be limited water re-fill points on the course.

You will not be allowed to mount your bike unless you are wearing a helmet

Parking

All parking to take place inside the grounds of Castlehaven GAA pitch and only in the designated area. DO NOT park on the road outside the grounds as you will impede the course.

Toilets

Club toilets will be available from 8:00am

Post Race Event

Participants are invited to stay around at the finish line once you have returned your timing chip when you finish. Refreshments, hot food, post-race massage, and hot showers, will be available free of charge.

After Party and Prize-giving

We will host an after-party and prize-giving, plus charity cheque presentation in the **Eldon Hotel** from 9pm onwards on Saturday, which will then be followed by live music. All are welcome.

Running Sections

The running sections are generally good quality roads, paths, or trails, but a lot of the trails are very wet and soft so expect muddy ankles! The forest trail has a lot of fallen leaves so will be slippery.

Generally, participants are asked to keep to the left-hand side of the track, except on the main road on the return leg of the run where you will keep to the right within the coned pathway. Note this is an in and out run so you will have participants coming towards you at times. Please give way to inbound (faster) racer.

Sport & Taster have a compulsory check-point at the top of the first run section after 2.5Km. Expert can ignore this one but must check in at the dibber on the turnaround at the bottom of the Rineen forest run at the 6.5Km mark. Experts please note on your way back the Sport will be running towards you. Use care and attention especially on the main road section.

Both runs will finish back at the start point where you will transition to your bike.

Biking Sections

The race takes place on open roads. Markings and marshals are there to help you and to manage traffic safety, but you must take responsibility for your own safety and must obey the rules of the road at all times.

Road surfaces are typically tarmac covered country/back roads and generally will be normal to poor surface, **sometimes VERY poor** (It's an Adventure Race not a Tri!). Any markings stating that there is bad surface ahead can be taken literally. Note any descents marked as dangerous must be cycled in single file with no overtaking allowed.

Please rack your bike as tightly as possible and attach your helmet to your bike whilst it is in transition. Bikes will be moved by marshals if not racked properly.

You will be instructed to mount and dismount at certain points and you must obey these instructions. Anyone failing to do so may be disqualified and/or asked to abandon the race by the Race Director.

Sport & Expert : Coomb Hill, known locally as "The Wall", is a narrow steep climb where many will need to dismount. As instructed by marshals, please walk on left and pass on right only.

You will not be allowed to mount your bike unless you are wearing a helmet. For safety reasons Aero/Tri Handlebars are not permitted.

Puncture resistant tyres are strongly recommended for the Sport and Expert courses.

The end of the bike leg has a 120 degree very sharp bend off the main road back to the club entrance. Please pay extra attention at this turn when instructed.

Kayak Sections

Participants in Expert and Sport will be required to kayak a 1.5 km course, on event-organizer-provided sit-on-top double kayaks. Participants will be provided with a buoyancy aid, which is compulsory to wear at all times on the water.

If you arrive to the kayak area and a kayak is available you must take the next one up. In a case where no kayak is available you will be asked by the Timing Marshal to time out while you await a free kayak. Time outs can only be taken if directed by the Timing Marshal. Kayak course may be shortened if deemed necessary by the Race Director before or during the event.

A full safety team will be on the water and you must accept any instructions given to you by this team without dispute.

Finally:

Participants undertake SCAR CHALLENGE Skibbereen Adventure Race at their own risk. The event is covered by public liability insurance but should you require personal insurance you should make your own arrangements.

Please familiarise yourself with the route maps.

Please observe warning signs and any race marshal's advice.

You are privileged to be allowed to race in several of these iconic facilities normally reserved for casual recreation, so please respect the environment.

Anyone found littering in any section of the course will be immediately disqualified. Feel free to report others littering to our marshals.

Remember every one of the 100+ marshals you meet during the race is giving their time freely to volunteer to make your race better.

Respect them and give them a small thank you as you pass them.

Without them you wouldn't be racing!

Thanks for all your support. Enjoy.